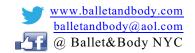
Ballet BodyTM Fitness



(ADULT DIVISION SCHEDULE)

	1	ADUL	DIVISION SCH	EDULE)		1
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	7:00-8:00 Ballet Body™ Barre 1-Hour Workout		7:00-8:00 Ballet Body™ Barre 1-Hour Workout			
		8:00-9:00 Ballet Body TM Barre 1-Hour Workout		8:00-9:00 Ballet Body TM Barre 1-Hour Workout		
	10:00-11:15 Ballet Body TM Barre	10:30-11:45		10:00-11:15 Ballet Body TM Barre		10:30-11:45
11:30-12:45 Ballet Body TM Barre		Ballet Body™ Barre	12.00 1.00		11:00-12:15 Ballet Body TM Barre	Ballet Body™ Barre
			12:00-1:00 Ballet Body™ Barre 1-Hour Workout		12:15-1:30 Beginner Ballet	11:45-1:00 Beginner Ballet
					1:30-2:45 Intermediate Ballet	
					2:45-3:45 Tap Open Level	
					5:00-6:15 Ballet Body TM Barre	5:00-6:15 Beginner Ballet
	6:00-7:15 Ballet Body™ Barre	6:00-7:15 Adv Beg Ballet		6:45-8:00		6:30 - 7:45 Ballet Body™ Barre
7:00-8:15 Ballet Body™ Barre	7:15-8:30 Beginner Ballet	7:15-8:30 Ballet Body™ Barre	7:00-8:30 Ballet Body TM Barre/ Beginner Ballet	Beginner Ballet		Dance Docky Diale

Ballet BodyTM Barre (11/4 Version):

M 11:30-12:45, M 7:00-8:15, T 10:00- 11:15, T 6:00-7:15, W 10:30-11:45, W 7:15-8:30, Th 7:00-8:30, F 10:00-11:15, Sa 11:00-12:15, Sa 5:00-6:15, Su 10:30-11:45, Su 6:30-7:45

Beginner Ballet:

T 7:15-8:30, Th 7:00-8:30, F 6:45-8:00, Sa 12:30-1:45, Su 11:45-1:00, Su 5:00-6:15

Ballet BodyTM Barre (1-Hour Workout):

Tu 7:00-8:00(AM), W 8:00-9:00(AM), Th 7:00-8:00(AM), Th 12:00-1:00, F 8:00-9:00(AM)

Advanced Beginner Ballet

W 6:00-7:15

<u>Tap</u>

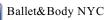
Sa 2:45-3:45

Intermediate Ballet

Sa 1:30-2:45

4/06/2016





REGISTRATION

Adult Students must set up an account which may be done on line, in person at the time of inital purchase or when taking a trial class.

FEES

Adult classes are on-going throughout the year and a class card may be purchased at any time.

	Trial Class	Single Class	Class Card
Ballet Body TM Barre	\$20	\$37	10 Classes for \$300 (4 month expiration) 20 Classes for \$540 (6 month expiration)
Ballet (Beg / Adv Beg / Int), Hip Hop, Theatre Jazz, Tap	\$20	\$30	10 Classes for \$250 (4 month expiration) 20 Classes for \$400 (6 month expiration)

Special Senior (62+) Discount on classcards: 10-BBF for \$270, 20-BBF for \$485, 10-Dance for \$225, 20-Dance for \$360.

As with any form of exercise or fitness training, it is recommended to participate in 3 or more sessions per week to make real progress and feel (and see) significant changes in your body. To this end B&B now offers:



A Monthly Unlimited Card for \$250

Good for all Ballet $Body^{TM}$ Fitness classes including any Ballet $Body^{TM}$ Barre Class or Adult Dance Class.



To try it out, we offer a

Special Introductory Offer:

\$150 for the 1st Month of Unlimited Classes

Class cards for adult students are strictly non-refundable and non-transferable. Adult class card holders who are not able to take their 10 or 20 classes by expiration may take a class at an equal or lesser rate before the date of expiration. There are no extensions.

DRESS

(Suggestions and Guidelines)

For Ballet BodyTM Barre and Ballet classes, adults may wear any comfortable clothing that allows full range of motion. Classs are designed for ballet slippers but new students may try the class in socks, bare or stocking feet. **Street shoes are NOT permitted in the studio.**